



From Despair to Repair:  
Flood Relief in Action

---

Nature's Harvest: Harnessing  
Local Resources for  
Sustainable Livelihood

---

Empowered by Swami  
Vivekanand's Lesson:  
Unveiling of Sewa Fellowship

---

Sashakt Nari Sashakt Desh

# Sewa Sandesh

---

January, 2024

# *Editors Note*

**Namaskar,**

As we pause to reflect on the journey of past years and eagerly anticipate the opportunities that lie ahead. Our hearts are filled with profound gratitude and boundless optimism. The onset of a new year signifies not just the passage of time, but also heralds a fresh start brimming with potential and promise.

The year 2023 was akin to a roller coaster ride, yet amidst its twists and turns, our unwavering dedication to serving humanity and effecting lasting change remained firm. Through a myriad of initiatives and projects, we tirelessly endeavoured to confront pressing social issues and uplift those in need, touching the lives of countless individuals and families along the way. Whether advocating for education, healthcare, environmental sustainability, or economic empowerment, our commitment to fostering positive transformation remained resolute.

Indeed, our journey is rooted in a rich heritage of history and culture, embodying the highest ideals and aspirations of society. As we draw inspiration from the timeless wisdom of our heritage, we are propelled forward by the conviction that each new day is a promise to serve humanity, the ultimate Dharma.

As we step into the year 2024, we do so with a sense of anticipation, eager to build upon the strong foundation we have laid and explore new horizons. With a shared vision for a better tomorrow, we are confident that we will achieve even greater milestones and continue to illuminate the path towards a brighter, more inclusive future for all.

This year, let us join hands in celebrating the essence of humanity and embracing the new year with hope, purpose, and unwavering determination. Together, we will write a new chapter in the coming year!

***Dhanyawaad !***



# From Despair to Repair: Flood Relief in Action

The coastal belt of Tamil Nadu and its neighbouring states recently experienced unprecedented devastation due to extreme monsoon rains, marking the worst disaster since 2015. The relentless downpour submerged homes, dreams, and hopes, leaving countless lives stranded without basic necessities such as food, water, or electricity. Rescue and relief operations faced significant challenges due to the continuous rains, exacerbating the misery of flood survivors.

Amidst this grim scenario, Sewa International rose to the occasion by swiftly mobilizing 276 volunteers to work round the clock across 52 villages in the southern region. Sewa International launched a comprehensive flood relief operation across the affected regions including Thoothukudi, Thiruchandur, Kovilpatti, Virudhanagar, Palayamkotti, and Thirunalveli.

Truckloads of essential flood relief kits were dispatched from Chennai to various parts of Tamil Nadu and neighbouring states. These kits, meticulously packed by dedicated

volunteers, included a range of items aimed at providing immediate assistance to those affected by the floods.

The impact of Sewa International's relief efforts:

## 3200 Relief Kits

These kits contain essential items such as bedsheets, clothing, hygiene products, and other emergency supplies to help families cope with the aftermath of the disaster.

## 2100 Relief Kits

Addressing the pressing need for sustenance, these ration kits provide families with food supplies such as pulses, spices, flour and rice to sustain them through the challenging times ahead.

## 1000 School Kits

Recognizing the disruption caused to education amidst the chaos of the floods, Sewa International also distributed school kits to ensure that children have the necessary materials to continue their learning.

These numbers not just represent the statistics rather symbolizes the tangible impact Sewa International has made in alleviating the suffering of flood-affected communities. As the affected communities strive to rebuild and recover, Sewa International remains committed to standing by their side, offering support and assistance every step of the way.



# Shattering Silence, Empowering Voices!

In the battle against human trafficking, education stands as a powerful weapon, capable of breaking chains and transforming lives. This month, our Adolescent Girls Group dived deep into shedding light on its darkest corners and equipping young minds with the knowledge and tools needed to combat it. When armed with correct knowledge and awareness, our girls will not just be bystanders, they will become agents of change, ready to challenge the status quo!

In order to fight from forced labour to sexual exploitation, we equip them with helpline numbers and vital information about their rights as children, empowering them to seek help and support when faced with danger. But our education doesn't stop at awareness, it further extends to action.

Through engaging activities and discussions, we crafted rescue plans with our rural girls of Uttarakhand, simulating real-life trafficking scenarios and arming them with the skills and confidence to respond effectively.

From recognizing warning signs to seeking help from authorities, our girls are now equipped to confront trafficking head-on, safeguarding themselves and their peers from harm.

The impact of our efforts is instilling a culture of vigilance and resilience against the scourge of trafficking. In the fight against human trafficking, we continue to educate, empower, and advocate for change. Together, let's create a world where every child is safe and every voice is heard.



# Spreading Warmth in the Cold

As the cold wave sweeps through, its icy fingers leave no corner untouched, piercing through the layers of vulnerability and resilience alike. In the face of such bitter adversity, a flicker of hope that refuses to be extinguished. With hearts as wide as the sky and hands as gentle as the sun's rays, the Sewa International team distributed blankets to the poor suffering in the cold waves of the National Capital Region.

In the embrace of warmth, barriers melt away, and for a moment, there was a sense of shared humanity. Such an act of kindness is a reminder that even in the depths of despair, there is still light to be found, still love to be shared.



# Nature's Harvest: Harnessing Local Resources for Sustainable Livelihood

Dev Bhoomi, often referred to as the 'Land of the Gods,' encompasses not only breathtaking natural beauty but also a rich cultural heritage deeply intertwined with agriculture and animal husbandry. Yet, despite its abundance, many communities in the region have faced challenges in accessing sustainable livelihood opportunities. Recognizing this need, our latest initiative seeks to harness the potential of dairy farming, leveraging the region's natural resources and traditional knowledge to create livelihood opportunities.

Central to our approach is the provision of providing comprehensive training programs tailored to the needs of aspiring dairy farmers. This program equips farmers with the

necessary knowledge and skills to cover a wide range of topics, including animal husbandry practices, feed management, health care, and hygiene standards.

We also provide support in procuring high-quality cattle breeds, fodder crops, and essential equipment to start dairy operations. Beyond training and resource provision, we remain actively engaged with the communities, offering guidance and encouragement every step of the way.

The impact of our initiative extends beyond economic empowerment. By promoting sustainable livelihoods rooted in the land and its resources, we not only enhance local livelihoods but also contribute to environmental conservation and food security in the region. As we witness the positive transformation taking place in Dev Bhoomi, we are inspired to continue our efforts and extend our reach to more communities in need.





## Empowered by Swami Vivekananda's Lesson: Unveiling of Sewa Fellowship

As we celebrate the birth anniversary of the Swami Vivekananda Ji by marking it as 'Youth Day', we found a profound sense of inspiration that ignites our spirits and fuels our aspirations.

To mark this momentous occasion, we were honored to have the former President of India, Sh. Ram Nath Kovind Ji the launch of the Sewa Fellowship 2024-2026. Additionally, we had the opportunity to receive blessings from the spiritual leader, Sri Sri Ravishankar Ji as we embarked on a new journey.

As we commemorate Swami Vivekananda's legacy on this special day, we are reminded of his timeless message of service and selflessness. He envisioned a society where individuals are driven by a sense of duty towards humanity, Sewa Fellowship is a step towards realizing that vision.

In the spirit of Youth Day, as we set sail on the voyage of the Sewa Fellowship 2024-2026, let us carry forward the torch of Swami Vivekananda's legacy, lighting the path of service and enlightenment for generations to come.





## Sashakt Nari Sashakt Desh

In the villages of Phulia, nestled along the India-Bangladesh border, a quiet revolution has been taking place over the past 12 months. Sewa International's SHE-CAF program has been instrumental in transforming the lives of over 100 women in these regions through a series of skill-based training programs.

In Phulia and Jhalong, where traditional weaving techniques hold deep cultural significance, women have been trained in the art of weaving, silk spinning, dyeing, and twisting. These skills not only preserve age-old traditions but also open up avenues for economic independence and growth.

In addition to weaving, the program offers training in various other fields such as tailoring, Nakshikantha embroidery, livestock rearing, and beauty and wellness courses. These diverse skill sets to provide women with alternative sources of income and has helped foster a sense of agency and self-reliance. Women who were once dependent on others for their livelihoods are now empowered to take charge of their own destinies and support their families with dignity and pride.

Alongside the training initiatives, our team has organized a variety of workshops, health camps, celebrations, and market linkages through various exhibitions and events. These activities provide women with additional support but also create a sense of camaraderie within the community.





# Sewa International Design and Development Centre (SIDDC)

Nestled deep within the sand dunes of Gujarat lies a community whose existence is intertwined with the ancient art of crafting coal from babool trees. The Vadha Koli Tribe has relied on this age-old skill to navigate the challenges of life, finding sustenance through thick and thin. We got the opportunity to delve into the intricacies of their daily lives during a visit.

Life in these villages has long been intertwined with the art of coal crafting, a practice passed down through generations. It is a skill that has become synonymous with their survival, providing warmth, sustenance, and even economic stability. Yet, beneath the surface of this traditional way of life, we

discovered a well of creativity and artistic prowess among the women of the Vadha Koli Tribe.

Recognizing the immense potential within these communities, we have started a new project, transiting from coal crafting to embroidery symbolizes not just a shift in livelihoods but a celebration of diversity and resilience.

As we step into this new chapter, training opportunities become the bridge between tradition and innovation. We provided these women of this tribe with the tools and knowledge needed to enhance their embroidery skills. Workshops and skill-building sessions served as catalysts for personal and communal growth.

This collaboration opened doors to fresh possibilities for empowering these women through embroidery creating a symphony of empowerment.



[contact@sewainternational.org](mailto:contact@sewainternational.org)

**SEWA SANDESH**



# Groundbreaking Survey in Wayanad

In a collaborative effort to address the healthcare needs of tribal communities in Wayanad district, Kerala, 30 Social Work (MSW) students from WMO Arts College, Muttill, Wayanad joined us for a pioneering household survey. This initiative, a part of the Sickle Cell Project, aimed to shed light on the challenges faced by the tribal populace and pave the way for tailored interventions.

The students visited various locations within the district, interviewing over 600 tribals. The survey tried to understand the needs of the tribal communities, particularly concerning healthcare access and socio-economic factors impacting their well-being.

The survey served as a crucial step towards fostering a deeper understanding of the realities on the ground. Through data collection, they uncovered invaluable insights that will inform future interventions and policies aimed at uplifting the tribal populations in Wayanad.

As we reflect on the impact of this survey, we extend our heartfelt gratitude to the Social Work students whose unwavering commitment not only amplifies the voices of the marginalized but also embodies the ethos of empathy and empowerment that is essential for building inclusive and resilient communities.





***Together, we've sketched stories of change,  
etching hope into hearts. We want to express  
our sincere gratitude for your continued support  
and readership.***



Follow us on



Subscribe our newsletter on  
[www.sewainternational.org](http://www.sewainternational.org)

**Published by:**

Sewa International  
First Floor, Plot 8,  
Site 11, Near SD Public School,  
West Patel Nagar, New Delhi - 110008